अथ आदित्यहृदयम्।।

atha ādityahṛdayam..

ततो युद्धपरिश्रान्तं समरे चिन्तया स्थितम्।
रावणं चाग्रतो दृष्ट्वा युद्धाय समुपस्थितम्।।१।।
दैवतैश्च समागम्य द्रष्टुमभ्यागतो रणम्।
उपगम्याब्रवीद्रामगस्त्यो भगवान् ऋद्दषिः।।२।।

tatō yuddhapariśrāntaṃ samarē cintayā sthitam.
rāvaṇaṃ cāgratō dṛṣṭvā yuddhāya samupasthitam..1..
daivataiśca samāgamya draṣṭumabhyāgatō raṇam.
upagamyābravīdrāmamagastyō bhagavān ṛddaṣiḥ..2..

(1 & 2) Then the all-knowing Sage *Agastya*, who had come and joined the Gods to witness the fierce battle, seeing *Rāma*, who was lost in deep thought, utterly exhausted in the battle and yet facing *Rāvaṇa*, who was ready for a fresh encounter, spoke (to him thus).

राम राम महाबाहो श्रृणु गुह्यं सनातनम्।
येन सर्वानरीन् वत्स समरे विजयिष्यसि।।३।।

rāma rāma mahābāhō śrṛṇu guhyaṃ sanātanam.
yēna sarvānarīn vatsa samarē vijayiṣyasi..3..

(3) O' *Rāma*, mighty-armed *Śrī Rāma*, listen (to this) eternal secret whereby you shall vanquish in battle all your foes.

आदित्यहृदयं पुण्यं सर्वशत्रु विनाशनम्।
जयावहं जपेन्नित्यमक्षय्यं परमं शिवम्।।४।।

ādityahṛdayaṃ puṇyaṃ sarvaśatru vināśanam.
jayāvahaṃ japēnnityamakṣayyaṃ paramaṃ śivam..4..

(4) (This) Holy (hymn) to the presiding deity of the Sun, if enchanted fervently, will result in the destruction of all (your) enemies and bring you victory and unending supreme felicity.

सर्वमंगलमाङ्गल्यं सर्वपापप्रणाशनम्।
चिन्ताशोकप्रशमनमायुर्वर्धनमुत्तमम्।।५।।

sarvamaṅgalamāṅgalyaṃ sarvapāpapraṇāśanam.
cintāśōkapraśamanamāyurvardhanamuttamam..5..

(5) It is supreme (in that) it is a guarantee of all-round prosperity, destroyer of all sins, allayer of anxiety and anguish, and bestower of longevity.

रश्मिमन्तं समुद्यन्तं देवासुरनमस्कृतम्।
पूजयस्व विवस्वन्तं भास्करं भुवनेश्वरम्।।६।।

raśmimantaṃ samudyantaṃ dēvāsuranamaskṛtam.
pūjayasva vivasvantaṃ bhāskaraṃ bhuvanēśvaram..6..

(6) Do thou worship (with this hymn) the one (Sun) held in veneration by *dēvas* and *asuras*, possessed of (golden coloured) rays when he has wholly risen (in the morning), who eclipses as it were (other luminous bodies) by his appearance (on the firmament), the (resplendent) Lord of the universe by whose effulgence all else brighten.

सर्वदेवात्मको ह्येष तेजस्वी रश्मिभावनः।
एष देवासुरगणांल्लोकान्पाति गभस्तिभिः।।७।।

sarvadēvātmakō hyēṣa tējasvī raśmibhāvanaḥ.
ēṣa dēvāsuragaṇāṃllōkānpāti gabhastibhiḥ..7..

(7) He verily represents the totality of all celestial beings. He is self-luminous and is the sustainer of all with his rays. He protects

the inhabitants of all the worlds as well as the race of the *dēvas* and *asuras* with rays that nourish and energize.

एष ब्रह्मा च विष्णुश्च शिवः स्कंदः प्रजापतिः।
महेन्द्रो धनदः कालो यमः सोमो ह्यपांपातिः।।८।।

ēṣa brahmā ca viṣṇuśca śivaḥ skandaḥ prajāpatiḥ.
mahēndrō dhanadaḥ kālō yamaḥ sōmō hyapāmpātiḥ..8..

(8) He (the presiding deity of the Sun) is (indeed) all these - *brahmā* (the creator), *viṣṇu* (the sustainer), *śiva* (the destroyer), *skanda* (the Divine Generalissimo) (the annihilator of all foes), *prajāpati* (the Lord of all creatures), *mahēndra* (the King of the celestial beings), *kubēra* (the dispenser of riches), *kāla* (the Lord of Time), *yama* (the Lord of Death), *sōma* (the one that nourishes), and *varuṇa* (the Lord of the Waters).

पितरो वसवः साध्या ह्यश्विनो मरुतो मनुः।
वायुर्वह्निः प्रजाप्राण ऋतुकर्ता प्रभाकरः।।९।।

pitarō vasavaḥ sādhyā hyaśvinō marutō manuḥ.
vāyurvahniḥ prajāprāṇa ṛtukartā prabhākaraḥ..9..

(9) He is also the pitra (the ancestral Manes), the *vāsūs* (the eight dispensers of treasures), the *sādhyās* (*yōgīs* turned semidivine), the twin *aśviṇī dēvas* (the celestial physicians), the marutas (also celestial beings), *manu* (the all-knowing and primeval Sovereign), *vāyū* (the wind God), *agni* (the God of fire), the vital air (sustaining from within) in all created beings, the maker of the six seasons by virtue of his alternating forms of energy (heat, light etc), and essentially the source of all light (the awakener of knowledge).

आदित्यः सविता सूर्यः खगः पूषा गभस्तिमान्।
सुवर्णसदृशो भानुर्हिरण्यरेता दिवाकरः।।१०।।

ādityaḥ savitā sūryaḥ khagaḥ pūṣā gabhastimān.
suvarṇasadṛśō bhānurhiraṇyarētā divākaraḥ..10..

(10) He (the Sun) is the son of *āditya* (the mother of all *dēvas*), the creator of the universe, the inspirer of action, the courser in the heavens, the sustainer, the illuminator of the directions, the golden hued brilliance, the golden (Cosmic) generative fluid, and the maker of the Day.

हरिदश्वः सहस्रार्चिः सप्तसप्तिर्मरीचिमान्।
तिमिरोन्मथनः शंभुस्त्वष्टा मार्तण्ड अंशुमान्।।११।।

haridaśvaḥ sahasrārciḥ saptasaptirmarīcimān.
timirōnmathanaḥ śambhustvaṣṭā mārtaṇḍa aṃśumān..11..

(11) He is the all-pervading one* with rays countless**, the power behind the seven sense organs*** (the two eyes, the two ears, the two nostrils and the tongue) and the dispeller of darkness*** (ignorance). He is the bestower of happiness and prosperity (inclusive of absolution), the remover of the misfortunes of his votaries; the infuser of life in the otherwise mundane egg of existence, and the Omnipresent Being (whose rays penetrate everywhere).

(11*) (Lit.) Greenish-coloured horse of the Sun.

(11**) Spiritually - one commentator says, "One whose Cognition points in infinite directions".

(11***) He who has seven steeds (Lit).

(11****) Literally, possessed of rays.

हिरण्यगर्भः शिशिरस्तपनो भास्करो रविः।
अग्निगर्भोऽदितेः पुत्रः शङ्खः शिशिरनाशनः।।१२।।

hiraṇyagarbhaḥ śiśirastapanō bhāskarō raviḥ.
agnigarbhō'ditēḥ putraḥ śaṅkhaḥ śiśiranāśanaḥ..12..

(12) He is the primordial one who has become the Trinity - *Brahma*, *Viṣṇu* and *Rudra*, the ambrosial soothing influence, the store-house of riches *(aiśvarya)* the usherer in of the Day, the Great teacher (of even *hirṇyagarbha)*, the fire-wombed *nārāyaṇa* (who has the fire of doom within himself), the son of āditya (mother of the dēvas), felicity that is supreme and vast like the expanse and the remover of intellectual stupor or evil mindedness.

व्योमनाथस्तमोभेदी ऋग्यजुःसामपारगः।
धनवृष्टिरपां मित्रो विन्ध्यवीथी प्लवङ्गमः।।१३।।

vyōmanāthastamōbhēdī ṛgyajuḥsāmapāragaḥ.
dhanavṛṣṭirapāṃ mitrō vindhyavīthī plavaṅgamaḥ..13..

(13) He is the Lord of the firmament; the Dispeller of darkness; the Master par-excellence of the three *vēdas*, *ṛg*, *yajur* and *sāma*; He, from whom comes the downpour of rain (He the great dispenser of the fruits of *karma*); the friend of the waters; figuratively the friend and benefactor of the pure-minded, (and the one who with one bound) crossed the *vindyā* range, who sports in the *brahma-nāḍī*.

आतपी मंडली मृत्युः पिंगलः सर्वतापनः।
कविर्विश्वो महातेजा रक्तः सर्वभवोद्भवः।।१४।।

ātapī maṇḍalī mṛtyuḥ piṅgalaḥ sarvatāpanaḥ.
kavirviśvō mahātējā raktaḥ sarvabhavōdbhavaḥ..14..

(14) He is the one intensely absorbed (in creating the cosmos), with form circular (figuratively, adorned with gems kaustubha and the like); He is the inflictor of death (fig. destroyer of impediments); He is the yellow coloured one (rising sun) (fig. the motive force of the *piṅgalā nāḍī* inducing action); He is the destroyer of all; He is the Omniscient one whose form is the universe (fig. the sustainer of the universe); and who is exceedingly energetic and the beloved of all and the generator of all action.

नक्षत्रग्रहताराणामधिपो विश्वभावनः ।
तेजसामपि तेजस्वी द्वादशात्मन्नमोऽस्तुते ।।१५।।

nakṣatragrahatārāṇāmadhipō viśvabhāvanaḥ.
tējasāmapi tējasvī dvādaśātmannamō'stutē..15.. .

(15) He is the Lord of stars, planets and constellations and the origin of everything in the universe, the resplendent cause of the lusture of even the brilliant ones (such as the sun etc.) the one sentient being manifest in the twelve forms of the Sun. Salutations to Thee.

नमः पूर्वाय गिरये पश्चिमे गिरये नमः ।
ज्योतिर्गणानां पतये दिनाधिपतये नमः ।।१६।।

namaḥ pūrvāya girayē paścimē girayē namaḥ.
jyōtirgaṇānāṃ patayē dinādhipatayē namaḥ..16..

(16) Salutations to the (presiding deity of the) Eastern mountain (where the sun rises) and the Western mountain (where it sets). Salutations to the Lord of the stellar bodies

and also to the Lord of Day.

जयाय जयभद्राय हर्यश्वाय नमोनमः।
नमोनमः सहस्रांशो आदित्याय नमोनमः।।१७।।

jayāya jayabhadrāya haryaśvāya namōnamaḥ.
namōnamaḥ sahasrāṃśō ādityāya namōnamaḥ..17..

(17) Salutations unto Him that ordains victory (fig) in the quest after liberation. A commentator associates it with jaya one of the two dēvarahasyas and the prosperity that flows from such victory (associated with jayabhadra, the other *dvārapālaka*), and unto Him possessed of yellow steeds, salutations to the thousand-rayed Lord, (figuratively: of whose *aṃśa* are the thousands of *jīvas*), and to *āditya* salutations again.

नमः उग्राय वीराय सारङ्गाय नमोनमः।
नमः पद्मप्रभोधाय मार्तण्डाय नमोनमः।।१८।।

namaḥ ugrāya vīrāya sāraṅgāya namōnamaḥ.
namaḥ padmaprabhōdhāya mārtaṇḍāya namōnamaḥ..18..

(18) Salutations to the Terrible one (who is relentless to those who do not keep their senses under control); the hero (who ably directs his powers in purposeful achievement such as the prowess in slaying *tripurā* etc.), the one that traverses fast (fig. leading on to the realisation of *praṇava*, the quintessence of all Hindu scriptures), salutations to the one whose emergence makes the lotus blossom (fig. the awakener of the lotus in the heart), and to the fierce and omnipotent one.

ब्रह्मेशानाच्युतेशाय सूर्यायादित्यवर्चसे।
भास्वते सर्वभक्षाय रौद्राय वपुषे नमः।।१९।।

brahmēśānācyutēśāya sūryāyādityavarcasē.
bhāsvatē sarvabhakṣāya raudrāya vapuṣē namaḥ..19..

(19) Salutations to the Over-Lord of *Brahma, Śiva and Acyuta* (the creator, destroyer and protector respectively), salutations to the powerful and to the intrinsic effulgence in the Sun that is at once the illuminator and the devourer of all and is of a form that is fierce like that of rudra.

तमोघ्नाय हिमघ्नाय शत्रुघ्नायामितात्मने।
कृतघ्नघ्नाय देवाय ज्योतिषां पतये नमः।।२०।।

tamōghnāya himaghnāya śatrughnāyāmitātmanē.
kṛtaghnaghnāya dēvāya jyōtiṣāṃ patayē namaḥ..20..

(20) Salutations to the Transcendental *ātman* that dispels darkness (fig. ignorance)* drives away all fear (that grips like cold) and destroyer of foes (both internal and external), salutations also to the annihilator of the ungrateful and to the Lord that rules over all stellar bodies.

तप्तचामीकराभाय हरये विश्वकर्मणे।
नमस्तमोभिनिघ्नाय रुचये लोकसाक्षिणे।।२१।।

taptacāmīkarābhāya harayē viśvakarmaṇē.
namastamōbhinighnāya rucayē lōkasākṣiṇē..21..

(21) Salutations to the Lord shining like molten gold; salutations to the transcendental fire, the fire of Supreme knowledge; salutations to the architect of the universe; salutations to the destroyer of the darkness and salutations

again to the effulgent sentience that is also the Cosmic witness.

नाशयत्येष वै भूतं तदेव सृजति प्रभुः।
पायत्येष तपत्येष वर्षत्येष गभस्तिभिः।।२२।।

nāśayatyēṣa vai bhūtaṃ tadēva sṛjati prabhuḥ.
pāyatyēṣa tapatyēṣa varṣatyēṣa gabhastibhiḥ..22..

(22) Salutations to the Lord who destroys everything that was created and revives them all again. And salutations to Him who by His rays consumes the waters, heats them up (into water vapour) and sends them down again as rain.

एष सुप्तेषु जागर्ति भूतेषु परिनिष्ठितः।
एष एवाग्निहोत्रं च फलं चैवाग्निहोत्रिणाम्।।२३।।

ēṣa suptēṣu jāgarti bhūtēṣu pariniṣṭhitaḥ.
ēṣa ēvāgnihōtraṃ ca phalaṃ caivāgnihōtriṇām..23..

23) Salutations to the Lord who abides in the heart of all beings keeping awake even when they are asleep. He is both sacrificial fire and the fruit enjoyed by the worshippers thereof.

देवाश्च क्रतवश्चैव क्रतूनां फलमेव च।
यानि कृत्यानि लोकेषु सर्व एष रविः प्रभुः।।२४।।

dēvāśca kratavaścaiva kratūnāṃ phalamēva ca.
yāni kṛtyāni lōkēṣu sarva ēṣa raviḥ prabhuḥ..24..

(24) The sun is indeed the Lord of all actions in this universe. He is verily the *vēdas*, the sacrifices ordained therein and the fruits thereof.

फलश्रुतिः।

phalaśrutiḥ.

एनमापत्सु कृच्छ्रेषु कांतारेषु भयेषु च।
कीर्तयन्पुरुषः कश्चिन्नावसीदति राघव।।२५।।

ētamāpatsu kṛcchrēṣu kāntārēṣu bhayēṣu ca.
kīrtayanpuruṣaḥ kaścinnāvasīdati rāghava..25..

(25) O' *Rāghava*, he who recites this hymn in times of peril, during affliction, while (lost) in the wilderness and when beset with fear, will not loose heart.

यूजयन्त्वेनमेकाग्रो देवदेवं जगत्पतिम्।
एतत्रिगुणितं जप्त्वा युद्धेषु विजयिष्यसि।।२६।।

yūjayantvēnamēkāgrō dēvadēvaṃ jagatpatim.
ētatriguṇitaṃ japtvā yuddhēṣu vijayiṣyasi..26..

(26) Worship thou, O' *Rāghava*, this God of all Gods, the Almighty Lord of the Universe, with one-pointed devotion. Reciting this hymn thrice you shall emerge victorious in battle.

इति आदित्यहृदयम्।।

iti ādityahṛdayam..